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(54) FOOD CONTAINING HIGHLY UNSATURATED FATTY ACID

(57)Abstract:

PURPOSE: To obtain the title food useful to prevention and improvement of circulatory disease of hypertension and heart disease and disease such as mammary cancer or large intestine cancer by controlling a ratio of ω -3 fatty acid and ω -6 fatty acid at a specific ratio.

CONSTITUTION: The aimed food obtained by controlling a fatty acid composition in a food so that a ratio of ω -3 fatty acid (e.g. docosahexenoic acid or eicosapentenoic acid) and ω -6 fatty acid (e.g. linolic acid or γ -linolenic acid) may be 1:1-1:5.

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